

## **Abstract**

**Title:** Monitoring of influence of individual segments of a teaching unit of physical education on fitness of girls from seventh grade of elementary school.

**Aim:** The aim of the empirical part is to monitor the proportional representation of the motoric activities during the time given in the lessons of physical education of the seventh grade girls, and along with the chosen methods of testing of these individuals, to prove or disprove possible influence of the composition of the P.E. lessons on the chosen segments of their fitness.

**Methods:** Various methods were used for testing the considered sample. These were the standardized motoric tests (intense forward bend when sitting, place-jump with legs together, endurance in a pull-up, hand grip) which investigate the chosen segments of the fitness. Another method used was the bioimpedance which measures the parameters of body composition. The data were recollected quantitatively and the results were also processed quantitatively by means of statistic parameters, such as arithmetic mean, variation span and determinative deviation.

**Results:** From the results of the work emerged that as far as the chosen motoric activities and their influence on the chosen segments of the fitness are concerned, during the time given only the segment of flexibility in intense forward bend and the development of strength-explosive force of the legs in place-jump with legs together, have been influenced. By contrast, there was no direct-proportion relationship found between the chosen motoric activities and hand grip, and between these activities and the changes in body-fat composition, such as lower percentage of the body fat or lower values of ECM/BCM.

**Key words:** fitness, physical education, bioimpedance, motoric activities, motoric tests, hand grip, endurance in pull-up, place-jump with legs together, intense forward bend, age category 12 to 13 years- girls, body fat percentage, ECM/BCM